Web figure 1: Two or six min walk test (m)

| | Inte | rventio | n | No Intervention | | | | Mean Difference | Mean Difference |
|--|--------------|--------------------|-----------------|-----------------|---------|-----------------------|------------------------|---|--|
| Study or Subgroup | Mean | SD | Total | Mean | SD | Total | Weight | IV, Fixed, 95% CI | IV, Fixed, 95% CI |
| 1.1.1 Exercise v Con | trol | | | | | | | | |
| Meek 2010 | 6.1 | 32.5 | 19 | 0.7 | 38.7 | 18 | 30.8% | 5.40 [-17.69, 28.49] | |
| Schenkman 1998 | 15.4 | 35.7 | 23 | 1.9 | 42.5 | 23 | 32.0% | 13.50 [-9.18, 36.18] | +- |
| Schilling 2008 Subtotal (95% CI) | 49.2 | 76.6 | 8 50 | 25.1 | 75.6 | 7 48 | 2.8% 65.6 % | 24.10 [-53.06, 101.26] 10.14 [-5.70, 25.97] | • |
| Heterogeneity: Chi ² = | : 0.37, df : | = 2 (P = | 0.83); | l² = 0% | | | | | |
| Test for overall effect | : Z = 1.25 | (P = 0. | 21) | | | | | | |
| 1.1.2 Treadmill v Co | ntrol | | | | | | | | |
| Canning 2008 Subtotal (95% CI) | 13.3 | 28.8 | 9 9 | 18.1 | 39.3 | 9 9 | 16.2% 16.2 % | -4.80 [-36.63, 27.03] - 4.80 [-36.63, 27.03] | |
| Heterogeneity: Not a Test for overall effect | | (P = 0. | 77) | | | | | | |
| 1.1.3 Dance v Contro | ol | | | | | | | | |
| Duncan 2012 | 2.2 | 102.9 | 26 | -21.6 | 97 | 26 | 5.6% | 23.80 [-30.56, 78.16] | |
| Hackney 2009 Subtotal (95% CI) | 54.2 | 80.2 | 31 57 | -7.5 | 127 | 17 43 | 3.7% 9.3 % | 61.70 [-4.95, 128.35] 38.94 [-3.18, 81.06] | |
| Heterogeneity: Chi² = Test for overall effect | | | | l² = 0% | | | | | |
| 1.1.4 Martial Arts v (| Control | | | | | | | | |
| Hackney 2009 Subtotal (95% CI) | 44.4 | 65.9 | 13 13 | 0.8 | 43.4 | 13 13 | 8.9% 8.9 % | 43.60 [0.71, 86.49] 43.60 [0.71, 86.49] | <u>.</u> |
| Heterogeneity: Not a Test for overall effect | | (P = 0. | 05) | | | | | | |
| Total (95% CI) | | | 129 | | | 113 | 100.0% | 13.37 [0.55, 26.20] | • |
| Heterogeneity: Chi ² = | : 5.85, df : | = 6 (P = | 0.44); | l² = 0% | | | | | -100 -50 0 50 100 |
| Test for overall effect | : Z = 2.04 | (P = 0. | 04) | | | | | | -100 -50 0 50 100 Favours No Intervention Favours Intervention |
| Test for subgroup dit | ferences: | Chi ² = | 4.74, 0 | lf = 3 (P : | = 0.19) | , I ² = 36 | 3.6% | | rayours 140 micryemion Fayours milerveniion |